



## Travel Considerations

### Rethink the need to travel

Personal and work-related travel during the COVID-19 pandemic should be minimized to increase personal safety and protect the health of your family, your colleagues, friends, and the general public.

With many digital tools for working remotely available today and the transformation of work culture to allow for virtual meetings, consider shifting work that would normally require travel to an online platform or invest in technology and software to connect with colleagues and clients around the world.

### Review advisories before travel

With increasing cases of COVID-19 within the United States and internationally, travel advisories are frequently changing. If you are not sick, have not been exposed to anyone sick with COVID-19, and must travel during the pandemic, refer to the [CDC Traveler's Health website](#), which provides guidance on all known current and past outbreaks. Take precautions while traveling: maintain social distance, wear a facial covering, and practice good hand hygiene. Click [here](#) for transportation-specific guidance.

### USA Travel

For travel in the US, review up-to-date information from the following sources:

- [CDC USA Travel](#)
- [State Health Departments](#)
- [NYS Travel Advisory](#)



#### When to avoid all travel

If you are sick or have been exposed to someone who is sick with COVID-19 within the past 14 days

### International Travel

For international travel, review up-to-date information from the following sources:

- [CDC Maps and Travel Notices](#)
- [CDC Country-specific Information](#)



#### New York State Advisory

All travelers coming from abroad, or from U.S. states with significant rates of community transmission of COVID-19, must self-quarantine for 14 days.

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